

November 30, 2018

Message from the Secretary

To begin today’s message, I extend a belated Happy Thanksgiving to you. I hope that each of you enjoyed your holiday and trust that it was filled with family, friends, and fellowship, along with a good dose of peace and joy.

As November quickly escapes us, we are inching closer to the end of Medicare’s annual Open Enrollment period, which concludes on December 7. This is the time when Medicare beneficiaries can switch Part D prescription drug plans, switch Medicare Advantage plans--which offer health and often drug coverage through private insurers--and switch from Medicare Advantage back to Original Medicare. All changes made to coverage during open enrollment take effect on January 1, 2019.

History has demonstrated to us that persons who need to navigate the Medicare system often do not know what their Medicare options are or even where to begin to find out. SHIP counselors, or APPRISE counselors in Pennsylvania, frequently hear Medicare beneficiaries describe feeling confused, overwhelmed, and stressed as they attempt to understand the program and the options available to them. They also share that much of the information they hear about Medicare comes in the form of advertisements by companies trying to sell a particular product. Thankfully, APPRISE counselors are trained, poised, and prepared to help Medicare beneficiaries and their families make sense of the complicated Medicare system so that they can make the best choices for their healthcare. APPRISE counselors work through the Medicare.gov system, and can be reached via the toll-free APPRISE Helpline at 1-800-783-7067, where all services are free and confidential.

Relatedly, over the past two decades we have seen that Medicare reforms, such as Medicare Advantage plans and prescription drug coverage, have provided older adults and persons with disabilities with more choices and greater control over their health coverage. The Medicare program itself is operated by the Centers for Medicare & Medicaid Services (CMS), which is an agency within the federal Department of Health and Human Services. CMS sets the rules for the operation of Medicare, including the procedures covered by the program. Earlier this month, CMS announced that starting next year seniors in many states will be able to access additional services such as help with chores, safety devices, and respite for caregivers through private Medicare Advantage insurance plans. This shift reflects a growing recognition that investing in a few hundred dollars to install grab bars in the shower can prevent a fall that leads to a broken hip. However, these “new” supplemental benefits will only be offered by some Medicare Advantage plans. According to CMS, there will be 12 insurers offering these new services through 160 plans in 20 states, and Pennsylvania is not among the states, as

New Medicare services

Seniors in many states will soon be able to get limited services like adult daycare and home helpers through some Medicare Advantage plans.

- Expanded support services
- Plans may offer expanded services and/or lower cost-sharing for patients with certain conditions



SOURCE: Department of Health and Human Services

AP

you can see in the graphic above. Several insurers have commented in media reports over the past few weeks that CMS guidance came out fairly late in the annual planning process, so many insurers may roll these new supplemental benefits out slowly.

Needless to say, we will closely monitor the implementation and utilization of these new supplemental benefits, along with any insight that the Medicare Advantage plan insurers and beneficiaries they serve offer about access, cost, and quality, and we'll advocate for expansion into Pennsylvania. In the meantime, please remind the Medicare beneficiaries in your local aging network about the Medicare Open Enrollment period timeline, and if they have not yet done so, encourage them to connect with their local APPRISE program if they need help navigating the Medicare system.

Teresa Osborne
Secretary

Legislative Update

Pennsylvania House of Representatives

There are currently no additional voting days scheduled for the current session. New members will be sworn in on January 1, 2019.

Pennsylvania Senate

There are currently no additional voting days scheduled for the current session. New members will be sworn in on January 1, 2019, and the full Senate is scheduled to begin the 2019/2020 session on January 15, 2019.

Education and Outreach Office

Health and Wellness Program

The Health and Wellness Program focuses on health promotion and disease prevention activities for older Pennsylvanians with a special focus on health risk screening, nutrition, chronic conditions, fall risk, exercise, and strengthening to prevent fall-related injury, monitoring behavioral health, and managing medications. Please see upcoming wellness workshops below:

Berks – Healthy Steps in Motion (exercise classes for strength & balance)

Villa St. Elizabeth

1201 Museum Road

Reading, PA 19611

Dates: Mondays and Fridays, October 26, 2018 – December 28, 2018

Time: 10:30 a.m. – 11:30 a.m.

Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195

No charge for this class

Berks – Chronic Disease Self-Management Program (education on living a healthier life)

Lutheran Home at Topton

One South Home Avenue

Topton, PA 19562

Dates: Thursdays, November 29, 2018 – January 3, 2019

Time: 10 a.m. – 12:30 p.m.

Please contact: Jenny Wagner, Project Coordinator, at 570-624-3017

No charge for this class

Bucks – Healthy Steps for Older Adults (fall risk screening & education)

Eastern Upper Bucks Senior Center

8040 Route 611

Ottsville, PA 18942

Dates: Tuesday, January 15, 2019 and Thursday, January 17, 2019

Time: 9:30 a.m. – 12 p.m.

Please contact: Eastern Upper Bucks Senior Center at 610-847-8178

No charge for this class

Perkasie Borough Building

620 West Chestnut Street

Perkasie, PA 18944

Dates: February 19, 2019 and February 26, 2019

Time: 9 a.m. – 12 p.m.

Please contact: Bucks County Area Agency on Aging at 267-880-5700

No charge for this class

Buck – Chronic Disease Self-Management Program (education on living a healthier life)

Warwick Twp. Building

1733 Township Greene

Jamison, PA 18929

Dates: Fridays, March 14, 2019 – April 18, 2019

Time: 12:30 p.m. – 3 p.m.

Please contact: Bucks County Area Agency on Aging at 267-880-5700

No charge for this class

Bucks – Diabetes Self-Management Program (education on living a healthier life with Diabetes)

Ben Wilson Senior Center

580 Delmont Avenue

Warminster, PA 18974

Schedule: Fridays, February 8, 2019 – March 1, 2019

Time: 9:30 a.m. – 12 p.m.

Please contact: Ben Wilson Senior Center at 215-672-8380

No charge for this class

Northampton Township Senior Center

165 Township Road

Richboro, PA 18944

Schedule: Wednesdays, March 13, 2019 – April 27, 2019

Time: 12:30 p.m. – 3 p.m.

Please contact: Northampton Senior Center at 215-357-8199

No charge for this class

Crawford – Healthy Steps for Older Adults (fall risk screening & education)

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Active Aging

1034 Park Avenue

Meadville, PA 16335

Date: April 11 & 12, 2019

Time: 9 a.m. – 4 p.m.

Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsoa

No charge for this class

NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

Cumberland –Healthy Steps in Motion (exercise classes for strength & balance)

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

New Cumberland Senior Center

122 Geary Avenue

New Cumberland, PA 17070

Date: December 6 & 7, 2018

Time: 9 a.m. – 4 p.m.

Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsim

No charge for this class

NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

Delaware – Chronic Disease Self-Management Program (education on living a healthier life)

Our Lady of Angels Convent

609 Convent Rd.

Aston, PA 19014

Dates: Fridays, February 22, 2019 – March 29, 2019

Time: 9 a.m. – 11:30 a.m.

Please contact: Ellen Williams, Health & Wellness Program Manager, at 610-499-1937 to get on waiting list

No charge for this class

Delaware – Healthy Steps for Older Adults (fall risk screening & education)

Brinton Lake, 1st Floor Community Room

300 Evergreen Drive

Glen Mills, PA 19342

Dates: December 10, 2018 and December 17, 2018

Time: 10 a.m. – 12:30 p.m.

Please contact: Joe Miller at 610-447-2060

No charge for this class

Lackawanna – Healthy Steps in Motion (exercise classes for strength & balance)

Taylor Community Library

710 South Main Street

Taylor, PA 18517

Dates: Tuesdays, January 8, 2019 – March 1, 2019

Time: 10 a.m. – 11 a.m.

Please contact: Nancy Post, Director of Volunteer Initiatives, at 570-347-5616

No charge for this class

Goodwill at North

1539 North Main Avenue

Scranton, PA 18508

Dates: Tuesdays, December 4, 2018 – January 24, 2019

Time: 2 p.m. – 3 p.m.

Please contact: Taylor Community Library at 570-562-1234

No charge for this class

Lehigh – Chronic Disease Self-Management Program (education on living a healthier life)

Luther Crest Senior Living Community

800 Hausman Road

Allentown, PA 18104

Dates: Wednesdays, November 14, 2018 – December 19, 2018

Time: 10 a.m. – 12:30 p.m.

Please contact: Jenny Wagner, Project Coordinator, at 570-624-3017

No charge for this class

Lehigh – Healthy Steps for Older Adults (fall risk screening & education)

St. Anne's Episcopal Church

6667 Lower Macungie Road

Trexlertown, PA 18087

Dates: January 23, 2019 and January 28, 2019

Time: 1 p.m. – 3 p.m.

Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618

No charge for this class

Lehigh – Healthy Steps for Older Adults (fall risk screening & education)

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Best Western Conference Center

300 Gateway Drive

Bethlehem, PA 18017

Date: March 19 & 20, 2019

Time: 9 a.m. – 4 p.m.

Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsoa

No charge for this class

NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

Luzerne – Healthy Steps in Motion (exercise classes for strength & balance)

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Rose Tucker-Nanticoke Active Adult Center

145 East Green Street

Nanticoke, PA 18634

Date: June 6 & 7, 2019

Time: 9 a.m. – 4 p.m.

Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsim

No charge for this class

NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

Lycoming – Healthy Steps for Older Adults (fall risk screening & education)

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Riverwalk Center for Healthy Aging

423 East Central Avenue

South Williamsport, PA 17702

Date: January 15 & 16, 2019

Time: 9 a.m. – 4 p.m.

Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsoa

No charge for this class

NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

Mercer – Chronic Disease Self-Management Program **LAY LEADER TRAINING** and Diabetes Self-Management Program **LAY LEADER CROSS-TRAINING**

Comfort Inn

118 Garret Drive

Grove City, PA 16127

Schedule: CDSMP four-day training – February 25, 26, 27, and 28, 2019

Time: 8:30 a.m. – 4:30 p.m.

Schedule: DSMP cross-training – March 1, 2019

Time: 8:30 a.m. – 4:30 p.m.

Please Register at: **Long Term Living Training Institute (LTLTI) website**

Charge: No charge to AAA staff, AAA subcontractors or AAA volunteers. Anyone not part of the Pennsylvania AAA network will be charged \$100. Continental breakfast and lunch provided. Anyone not covered by PDA's Self Management Resource Center license must provide their own SMRC license at the time of registration. Any questions about PDA's SMRC license may contact Katrina Kyle at katkyle@pa.gov or 717-783-8349.

Northumberland – Diabetes Self-Management Program (education on living a healthier life with Diabetes)

Geisinger Shamokin Area Community Hospital

4200 Hospital Rd.

Coal Township, PA 17866

Schedule: Thursdays, December 6, 2018 – January 17, 2019

Time: 1 p.m. – 3:30 p.m.

Please contact: Geisinger Health and Wellness at 866-415-7138

No charge for this class

Website: www.geisinger.org/events

Perry – Healthy Steps in Motion (exercise classes for strength & balance)

Marysville Senior Center

198 Leonard Street

Marysville, PA 17053

Dates: Tuesdays and Thursdays, April 23, 2019 – June 4, 2019

Time: 10 a.m. – 11 a.m.

Please contact: Allyson Valentine, Outreach Coordinator, at 717-582-5128

No charge for this class

Philadelphia – Healthy Steps for Older Adults (fall risk screening & education)

MLK Older Adult Center

2100 W. Cecil B. Moore Ave

Philadelphia, PA 19121

Dates: December 6, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Rosalyn Cofer, Activities Coordinator, at 215-978-2716

No charge for this class

Juniata Park Older Adult Center

1251 E. Sedgley Avenue
Philadelphia, PA 19134
Dates: December 20, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Joe Fagan, Center Director, at 215-685-1490
No charge for this class

KleinLife
10100 Jamison Avenue
Philadelphia, PA 19116
Dates: January 8, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Sharon Kaplan, Activities Coordinator, at 215-698-7300
No charge for this class

Philadelphia Senior Center - Avenue of the Arts
509 S. Broad Street
Philadelphia, PA 19147
Dates: January 18, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Julie Nelson, Center Director, at 215-546-5879
No charge for this class

Mann Older Adult Center
301 N. 5th St.
Philadelphia, PA 19140
Dates: January 22, 2019 and January 24, 2019
Time: 10 a.m. – 12 p.m.
Please contact: Maria Rivera, Activities Coordinator, at 215-685-9844
No charge for this class

Norris Square Senior Center
2121 Howard Street
Philadelphia, PA 19122
Dates: January 29, 2019 and January 30, 2019
Time: January 29, 2019 at 9:30 a.m. – 11:30 a.m. and January 30, 2019 at 12:15 p.m. – 2:15 p.m.
Please contact: Elizabeth Morales, Activities Coordinator, at 215-423-7241
No charge for this class
Language: Spanish

Philadelphia Senior Center: Allegheny
1900 W. Allegheny Avenue
Philadelphia, PA 19132
Dates: February 5, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Barbara Whitmore, Activities Coordinator, at 215-286-1455
No charge for this class

Southwest Senior Center
6916 Elmwood Avenue

Philadelphia, PA 19142
Dates: March 5, 2019 and March 6, 2019
Time: 10 a.m. – 12 p.m.
Please contact: Lorraine Charowsky, Activities Coordinator, at 215-937-1880
No charge for this class

Peter Bressi NE Senior Center
477 Frankford Avenue
Philadelphia, PA 19124
Dates: March 8, 2019
Time: 11:30 a.m. – 4:30 p.m.
Please contact: Nichet Kemp, Center Counselor, at 215-831-2926
No charge for this class

Marconi Older Adult Program
2433 South 15th Street
Philadelphia, PA 19145
Dates: March 13, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Sally Gnoza, Activities Coordinator, at 215-717-1969
No charge for this class

Older Adult Sunshine Center
6150 Cedar Avenue
Philadelphia, PA 19143
Dates: March 14, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Jacqueline King, Center Counselor, at 215-472-6188
No charge for this class

Northeast Older Adult Center
8101 Bustleton Avenue
Philadelphia, PA 19152
Dates: March 15, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Tara Bowman, Activities Coordinator, at 215-685-0576
No charge for this class

West Philadelphia Senior Community Center
1016 N. 41st St
Philadelphia, PA 19104
Dates: March 21, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Patrice Rhodes, Program Facilitator, at 215-386-0379
No charge for this class

The Center at Journey's Way
403 Rector Street
Philadelphia, PA 19128
Dates: March 26, 2019
Time: 10 a.m. – 3 p.m.

Please contact: Kathy Young, Activities Coordinator, at 215-487-1750
No charge for this class

South Philadelphia Older Adult Center

1430 East Passyunk Avenue

Philadelphia, PA 19147

Dates: April 9, 2019

Time: 10 a.m. – 3 p.m.

Please contact: Darlene Garcia, Activities Coordinator, at 215-685-1697

No charge for this class

**Philadelphia – Healthy Steps in Motion (exercise classes for strength & balance)
CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.**

Philadelphia Corporation for Aging (PCA)

642 North Broad Street

Philadelphia, PA 19130

Date: May 16 & 17, 2019

Time: 9 a.m. – 4 p.m.

Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsim

No charge for this class

NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

Snyder – Diabetes Self-Management Program (education on living a healthier life with Diabetes)

Regional Engagement Center (REC)

429 8th Street

Selinsgrove, PA 17870

Schedule: Wednesdays, December 5, 2018 – January 16, 2019

Time: 9 a.m. – 11:30 a.m.

Please contact: Geisinger Health and Wellness at 866-415-7138

No charge for this class

Website: www.geisinger.org/events

Westmoreland – Healthy Steps in Motion (exercise classes for strength & balance)

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Westmoreland Manor

2480 South Grande Boulevard

Greensburg, PA 15601

Date: April 1 & 2, 2019

Time: 9 a.m. – 4 p.m.

Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsim

No charge for this class

NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

York – Diabetes Self-Management Program LAY LEADER TRAINING

911 Center

120 Davies Drive

York, PA 17402

Schedule: DSMP four-day training – March 19, 21, 26 & 28, 2019

Time: 8:30 a.m. – 4 p.m.

Please contact: Megan Craley, Health & Wellness Coordinator, at 717-771-9610 or mmcraley@yorkcountypa.gov

Charge: No charge to AAA staff, AAA subcontractors or AAA volunteers. Anyone else not covered by PDA's Self-Management Resource Center license must provide their own SMRC license at the time of registration. For questions about PDA's SMRC license, contact Katrina Kyle at katkyle@pa.gov or 717-783-8349. Participants are responsible for their own lodging, transportation, and meals.

PA Link to Aging and Disability Resources

Carbon

PA Link Collaborative Partner Meeting/Cross Training
Carbon County Assistance Office presents "A Better Understanding of Medicaid" and additional information on what is available for our consumers.

Date: December 13, 2018

Time: 9:30 a.m. – 11 a.m.

Carbon County Assistance Office

101 Lehigh Drive

Lehigh, PA 18235

Please RSVP to Julie Rovinski-Mann at ccaging14@ptd.net

Clearfield/Jefferson County

Question, Persuade, Refer (QPR) Suicide Prevention Training

This free seminar will teach three simple steps to help save a life from suicide. Participants will learn how to recognize warning signs of a suicide crisis and how they can question, persuade, and refer that individual for help.

BC 3 Brockway

1200 Wood St.

Brockway, PA 15834

Date: Thursday, December 13, 2018

Time: 12 p.m. - 2:30 p.m.

Contact: Mark Morelli, PA Link Coordinator, at Mark42.link@gmail.com

Registration deadline: N/A

Juniata County

Tai Chi classes (free for seniors 60 and older)

Lions Den, McAlisterville

When: Tuesdays and Thursdays from January 8 - February 28.

Tuesday classes: 7 p.m., Thursday classes: 6 p.m. (Hour long sessions)

Space limited - reserve your spot by calling Amanda Shore at 717-242-0315, extension 143, or email ashore@mymjrsc.com

Lebanon County

WRAP seminar | four Tuesday Sessions (Free)

Lebanon County MH/ID/EI Conference Room D

220 East Lehman Street

Lebanon, PA 17046

Tuesdays, beginning August 28, 2018

Time: 12:30 p.m. - 4:30 p.m.

For more information, call the Recovery InSight, Inc., office at 877-597-9497, ext. 10, or email

jabel@recovery-insight.com

Announcements

County of Delaware Services for the Aging (COSA) Featured in Delaware County Medicine & Health Magazine

Please click [here](#) to read the article, including information on COSA's history and evidence-based health and wellness programs.

Department of State Announces New Voting System Expos

The Department of State has scheduled five New Voting System Expos across Pennsylvania over the next several weeks to promote awareness and understanding of the options for new voting systems. You, your colleagues, and members of your community are invited to attend the forums in your region. The expos will allow voters an opportunity to try the new systems, ask questions of the vendors, and observe demonstrations of the new machines with voter-verifiable paper records. The community will be able to learn about the new systems advanced features, and how they will enhance the security, accessibility and auditability of elections. Please feel free to share with all interested parties, and we hope to see you there!

Date: Tuesday, December 11, 2018

Time: 4 p.m. – 8 p.m.

Location: Lackawanna County Stadium

Address: 235 Montage Mountain Road, Moosic, PA 18507

Parking: The Lackawanna County Stadium offers ample free parking. Handicap parking is available in the lot, and elevators to the exhibit area will be clearly marked.

Date: Wednesday, December 12, 2018

Time: 4 p.m. – 8 p.m.

Location: Dickinson College Holland Union Building – Social Hall

Address: 28 N. College Street, Carlisle, PA 17013

Parking: There is free street parking available on W. High Street and W. Louthier Street.

Date: Thursday, December 13, 2018

Time: 4 p.m. – 8 p.m.

Location: Bucks County Administration Building

Address: 55 East Court Street, Doylestown, PA 18901

Parking: Parking available at the courthouse garage located at 200 N. Broad St., Doylestown, PA 18901.

PA Long-Term Living and Training Institute's Upcoming Trainings, Meetings, Conferences, and Webinars

- Dec. 4; Ombudsman Case Study II Training (Bloomsburg)
- Dec. 4; PDA AAA Housing Best Practice Session (Hershey)
- Dec. 5; OmbudsManager Training (Pittsburgh)
- Dec. 5-6; P4A Membership/PDA Quarterly Meeting (Hershey)
- Dec. 6; Ombudsman Case Study III Training (Lewisburg)
- Dec. 12; Ombudsman Case Study III Training (Brookville)
- Jan. 30-31; Leadership Development Institute-Module 4 (Harrisburg)
- March 13-14; P4A Membership Meeting/PDA Quarterly (TBD)
- April 10-11; Leadership Development Institute-Module 5 (State College)

- April 16; PDA Volunteer Conference (State College)
- May 2-3; PDA Health & Wellness Conference (TBD)
- June 12-13; P4A Membership Meeting/PDA Quarterly (Site TBD)
- June 18-19; Leadership Development Institute-Module 6 (Harrisburg)
- June 20; Leadership Development Institute Graduation (WITF-Harrisburg)

Medicare Open Enrollment | October 15 through December 7, 2018

Lower costs, better coverage, or perhaps just learning that your current plan is still best for your situation. Review your options during Open Enrollment: <http://go.cms.gov/planfinder>

Toolkits: [English Toolkit](#) | [Spanish Toolkit](#)